

Quick Idea for Unit 1.4 Adding Aerobic Movement in Unexpected Places

Add aerobic movement to your day.

- Try stand up/sit down games to answer questions – some examples:
 - Stand up if you are wearing red
 - Stand up if you have letter A in your name
 - Roll a big die and have the kids stand up and sit down that number of times.
- Tape answers to the wall or on a far table and have kids hop or jump to them.
- Incorporate aerobic activity to waiting and transitions – some examples:
 - Have kids skip, hop or jump down the hall to the next activity.
 - Do jumping jacks while waiting for the music teacher to come.
 - Try burpees during carpool.

Activity for Unit 1.4 Color or Number Recognition Tag

Tag games are a great way to get – and keep – kids moving. Here is one idea:

Have children stand in the middle of the space. Designate the center as home using cones, a long rope, chalk, tape - whatever you have handy for delineating the space. Ask the children to look around the space and find something green. When you say GO, they run to the green thing, tag it, and come back home as fast as possible.

Repeat for other colors. Make this game more challenging for older children by using numbers instead of colors. You can tape up cards with numbers on them if there are not numbers in your space.